



# ADOLESCENT MENTAL HEALTH

## INTENSIVE OUTPATIENT PROGRAM

**24 SESSION**

**VIRTUAL PROGRAM**

**TUESDAYS AND THURSDAYS 5PM-8PM AND  
SATURDAYS 11AM-2PM EST**

**ERIN PAWLAK, LPCC-S,  
IOP FACILITATOR**



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### DEMOGRAPHIC

For patients 13 to 17 years old who may be struggling with depression, anxiety or emotional problems that significantly impact their ability to carry out their daily lives and may be putting themselves or others at risk for harm.



### HELPS:

- With Emotion Regulation Skills
- Increase Self-Esteem
- Manage Intrusive Thoughts
- Modify Negative Thoughts & Beliefs
- With Life Transitions
- With Problem-Solving
- Improve Communication Skills
- Develop an Effective Aftercare Plan
- Set Immediate & Long-Term Goals



### CORE TOPICS

This program will offer tools using DBT and CBT skills to improve emotion regulation, personal responsibility, decision making and interpersonal effectiveness.



### COST

Please contact us about which insurances we can accept. Copays and deductibles are due at each session. We also offer self-pay options that include prearranged payment plans.

This Adolescent Outpatient Program (IOP) is an intense level of care that goes beyond individual therapy and uses various therapeutic approaches such as DBT, CBT, and Motivational Interviewing. This program offers opportunities to learn effective ways to manage life changes and set the stage for success in the future.



[www.behavioralwellnessgroup.com](http://www.behavioralwellnessgroup.com)



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